

County of San Diego

Department of Housing and Community Development

Challenges for 2013

The staff for the FSS program believes in the power of setting and accomplishing goals. That's why we've developed these Challenges for 2013! Periodically, we will send you a new challenge to overcome. As you accomplish your goals, we invite you to share your success! Simply hit reply to this email to tell us about how you're doing, suggest topics and share resources or tips!

Challenge

August Is Going Back to School

Month! School break is slowly coming to an end, and

is time to get back into the school mindset. Have your goals changed? Remember to Contact the FSS

program today to update your contract! **Five Tips for Adults Thinking of**

Going Back to School 1. Gather a support system

Going back to school may seem very overwhelming and

stressful, but if you have a support system it can help to release some of the stress you may have. This system can consist of your family, close friends, spouse, mentors, or anyone who seeks to provide any type of support. Whether it be volunteering to take your child to school, or helping you financially, these are things that can make the transition of going back to school so much easier. The impact of your support sys-



tem makes you want to push yourself to show them that because of their help, you will finish something you started. 2. View going back to school as a strategic, long-term investment

A lot of people feel discouraged about going back to school because the

cost can be a barrier in this economy. A person should not view this as a setback,

but rather a long-term investment that will benefit them in the workforce, as well as qualifying them for a better paying job. In addition to this, there are different student aids available for returning adults. For example, FAFSA (free application for federal student aid) is usually the most common aid where students do not have to pay back the money. The application only needs to be completed once a year. For more information refer to the following website: www.fafsa.gov. Another option to pay for schooling is student loans. Although most people are not excited to take out a student loan, they realize later on that it was worth the investment when they excel in the career that they pursue. And lastly, people can apply for scholarships; which are really just free money that you don't have to pay back. Many scholarships only require an essay about your accomplishments or any obstacles that you have overcame. This process is easy, and wouldn't you want free money to further your education? 3. Build on your strengths

or getting other transportation.

build on their strengths and will enable them to gain more knowledge in their field. 4. Take advantage of online learning Some individuals many not have had the chance to try online classes when

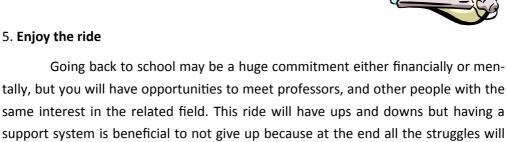
they first went to school. Luckily, due to technology advancements, people are now able to attend school in the comfort of their own home. Online classes are very flex-

are already experts in their field. They may also feel like any of their weaknesses will

Many people feel like they do not want to go back to school because they

5. Enjoy the ride Going back to school may be a huge commitment either financially or mentally, but you will have opportunities to meet professors, and other people with the

ible, which helps you juggle a job and family, since its convenient and you can proceed at your own pace. Another benefit of online classes is that there is no stress of driving to school



you can share in your future job.

Textbooks Textbooks can be expensive, but there are different sources available where you can find textbooks for a cheaper price. Instead of buying books, some places actually give you the option to rent them for a certain time period. It is up to each person to make that decision to spend

www.half.ebay.com/textbooks

<u>www.amazon.com</u>

two+ years? Are you in a hurry to be done with school and want to find a better job? Well, there are options!

School Options

You do not like the idea of going to school for

years in school, there are other options available. If you want to be in the health related field, there are health occupation centers that provide affordable quality education for those interested in employment preparation, skill advancement, and/or personal fulfillment in the health field. Some programs range from 3 months to 10 months, depending on the classes. Another option available is the Center for Employment Training which offers welding fabrication, medical assisting, and green

building construction. Refer to the following information below to learn

619-956-4300 http://hoc.guhsd.net

more information about the programs.

Grossmont Health

Occupations Center

4153 Market Street 9368 Oakbourne Rd. San Diego, CA 92102

School supplies can be expensive and in this economy we all try to find school supplies at a lower price. The most com-

Center for

Employment Training

619-527-4895

www.cetweb.org

affordable price at these locations: 1. Max Dollar Store: notebooks, paper, pencils, sta-

3. **5-dollar Clothing Warehouse:** no items exceeds five dollars

mon school supplies (line paper, pens, erasers, highlighters, pencils, folders) can be purchased for an

"Education is the passport to the future, for tomorrow

ples, highlighters, all one dollar

2. Box Stop: copies at a lower price

belongs to those who prepare for it today".



For information on all of the County of San Diego



be exposed. But what people do not realize is that going back to school will actually

be worth it. You will have the opportunity to learn new skills and knowledge which

a couple more dollars to buy the book and keep it for themselves or renting the book and returning it for a lower cost. These websites give you the option to either buy or rent books: www.cheapesttextbooks.com

www.chegg.com/textbooks

If community college is not for you, and you do not want to spend 2+

Santee, CA 92071 Places for Cheap School Supplies

4. Wal-Mart: a little of everything for less

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